



# Indiana State Department of Health

## Long Term Care Newsletter

### ISDH Long Term Care Newsletter

**Issue # 08-04**

**February 8, 2008**

For the past year our State Health Commissioner, Dr. Judy Monroe, has issued a monthly prescription for health. I would like to share these with you on occasion as part of our state health improvement plan. For health facilities, these have been used by some individuals as a monthly focus for activities. The following is the most recent prescription.

#### In Today's Issue:

- Food recall update
- LTC conference update
- Dementia certification
- QMA renewal update
- Certified wellness program

## State Health Commissioner's Rx

### Weight Management – More or Less

- More fruits and vegetables
- Less sweets
- More movement

[Read Dr. Monroe's article on Weight Management .](#)

[Read more of Dr. Monroe's Rx for Indiana.](#)

## New Era Food Recall Update

The U.S. Food and Drug Administration (FDA) is alerting consumers, food service operators, and food retailers that New Era Canning Company, New Era, Mich., is broadening its nationwide recall of canned vegetable products for a third time because of the potential for its foods to be contaminated with *Clostridium botulinum* (*C. botulinum*).

*C. botulinum* produces the toxin that causes botulism and can cause life-threatening illness or death. The affected New Era products are large institutional-sized cans, weighing between six and seven pounds, of various types of beans, blackeye peas, and asparagus.

To date, no illnesses have been reported to the FDA. However, consumers should not consume these products, even if they appear to be normal, because of the potential serious risk to health. Consumers who have the affected products, or who have used them in recipes, should immediately throw the cans and food away.

The potentially contaminated products are marketed under ten different brand names:

1. Classic Sysco
2. Code
3. Frosty Acres Restaurant's Pride Preferred
4. GFS
5. Kitchen Essentials
6. Monarch Heritage
7. Necco
8. New Era
9. Nugget
10. Reliance Sysco

Processors other than New Era may be packing these brands. Only products packed by New Era are subject to the recall so individuals must check the lot numbers on the bottom of the cans to determine if the product is affected by the recall. A complete list of specific brands, products, and lot codes subject to the New Era recalls can be found at <http://www.fda.gov/oc/opacom/hottopics/newera.html>.

Symptoms of botulism poisoning in humans can begin from six hours to two weeks after eating food that contains the toxin. Symptoms may include double vision, blurred vision, drooping eyelids, slurred speech, difficulty swallowing, and muscle weakness that moves progressively down the body, affecting the shoulders first, then descending to the upper arms, lower arms, thighs, and calves. Botulism poisoning also

can cause paralysis of the breathing muscles, which can result in death unless assistance with breathing (mechanical ventilation) is provided. Individuals who have these symptoms and who may have recently eaten the products under recall or other food products made with them should seek immediate medical attention.

Any food that may contain the affected products should be disposed of carefully. Even tiny amounts of the *C. botulinum* toxin can cause serious illness when ingested, inhaled, or absorbed through the eye or a break in the skin. Skin contact should be avoided as much as possible, and hands should be washed immediately after handling the food.

When disposing of these products, double-bag the cans in plastic bags. Make sure the bags are tightly closed, then place in a trash receptacle for non-recyclable trash outside of the home. Restaurants and institutions should ensure that such products are only placed in locked receptacles that are not accessible to the public. Additional instructions for safe disposal may be found at [www.cdc.gov/ncidod/dbmd/diseaseinfo/botulism\\_g.htm](http://www.cdc.gov/ncidod/dbmd/diseaseinfo/botulism_g.htm). Anyone with questions may call the FDA at 1-888-SAFEFOOD.

This recall is the most recent to result from an ongoing investigation of New Era Canning's processing plant by the FDA and the Michigan Department of Agriculture. The FDA initiated an inspection of New Era Canning, along with inspections of other low acid canned food manufacturers, following four cases of botulism in consumers who had consumed canned, hot dog chili sauce in the summer of 2007.

## Long Term Care Conference Update

The 3<sup>rd</sup> Indiana State Department of Health Long Term Care Leadership Conference is scheduled for March 18, 2008. The conference will be from 8:30 – 4:00 at the Indiana Convention Center in downtown Indianapolis. We are inviting each comprehensive care long term care facility to send two people. Representatives from healthcare organizations and ISDH long term care surveyors will also be attending the conference.

The focus will be on behavior management and the reduction of restraints. Speakers for the day include the following individuals:

- Beryl Goldman, Ph.D., RN, NHA is Director of Outreach for Kendal Outreach, LLC, and Director of the Pennsylvania Restraint Reduction Initiative. Her topic will be "Good Care is Restraint Free".
- Joanne Rader, RN, MN, FAAN is an independent consultant and Associate Professor of Gerontological and Mental Health Nursing at the Oregon Health & Science University School of Nursing. Her topic will be "Creating a Restraint Free Environment".
- Gerald H. Roesener, RPH, is President of the Indiana Academy of Long Term Care Pharmacists and works for Cornerstone Pharmacy Services and John Wernert, MD is a past President of the Indianapolis Medical Society and practices Geriatric Psychiatry in central Indiana. Their topic will be "Managing a Resident

Drug  
Therapy and Behavior".

More information on this conference will be mailed and available on our website soon. For electronic registration you may go to <http://www.in.gov/isdh/about/events.html>.

## Dementia Professionals Certification

The Alzheimer's Association and Ivy Tech Community College have launched the Dementia Professional Certification (DPC). This certification is the first of its kind and recognizes health care professionals that have furthered their study in quality dementia care. The courses provide realistic best practices to provide quality dementia care. To earn the Dementia Professionals Certification, health care professionals must have 40 hours of course work from courses offered through this program. This includes five core courses that are four hours each and twenty hours of electives.

The Indiana State Department of Health, Division of Long Term Care, has provided funding to the Alzheimer's Association of Greater Indiana to provide 50 scholarships for this certification program. The ISDH will likely expand scholarship funding and would eventually like to have at least one certified individual in every long term care facility. As part of the grant, the Alzheimer's Association is developing two online courses.

Courses are conveniently scheduled around the state to meet a variety of continuing education needs. For more information about the courses or to view a course schedule, visit [www.ivytech.edu/actnow/dementia](http://www.ivytech.edu/actnow/dementia) or call 888-489-5463 or 317-921-4988.

## QMA Renewal Update

All Qualified Medication Aide (QMA) certifications will expire on March 31, 2008. Please be aware that no QMA renewal will be completed until the Qualified Medication Aide Record of Annual Inservice Training form has been reviewed and approved by ISDH.

### Online Renewal:

- Renew at <http://www.in.gov/pla/express/> . The QMA must have their login ID (from the renewal notice) and password (social security number without dashes).
- Pay renewal fee of \$10.00 using Visa, MasterCard or Discover credit or debit card. (There is an additional fee of \$3.77 for renewing online).
- Mail the completed Qualified Medication Aide Record of Annual Inservice Training form to:

Indiana State Department of Health  
2 N. Meridian Street – Section 4B Training Dept.  
Indianapolis, IN 46204

**Mail Renewal:**

- Mail renewal fee of \$10.00 (check or money order).
- Include Completed Qualified Medication Aide Record of Annual Inservice Training form. Send to:

Indiana State Department of Health  
Cashier's Office  
Post Office Box 7236  
Indianapolis, IN 46207-7236

Submit questions to: [aides@isdh.in.gov](mailto:aides@isdh.in.gov).

## Certified Wellness Program

The Indiana State Department of Health is pleased to announce a certified wellness program that Indiana small businesses may use to qualify for a new tax credit. This tax credit seeks to recognize those businesses that are working to improve Indiana's health status by providing wellness opportunities for their employees. If you are a small business owner, and are interested in improving the health of your employees, please [click here for more information](#).

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That is all for this week. Best wishes for the coming week.

Terry Whitson  
Assistant Commissioner  
Indiana State Department of Health